



thrive FACTORS

Thriving

CRITICAL NEEDS
Critical, mostly internal factors that contribute to an employee's ability to thrive at work

purpose
meaning
confidence
fulfillment
balance authenticity
emotion regulation
engagement
job satisfaction
mentorship
self-appreciation
self-respect

Mostly Intrinsic

ESSENTIAL NEEDS
These are essential components that play into employee engagement and retention

collaboration mentorship trust respect
respect learning & growth creativity
achievement feedback challenge
autonomy flexibility support appreciation
positive team dynamic communication friendship/connection

Extrinsic & Intrinsic

FOUNDATIONAL NEEDS

Basics that should be in place to ensure the environment for employees to thrive

role clarity manageable workload company vision
performance management functional workspace financial stability
adequate benefits
job security opportunity equality time for food & beverages
physical safety candor workplace essentials
effective managers diversity

Mostly Extrinsic

Money Can't Buy

Money Can Buy

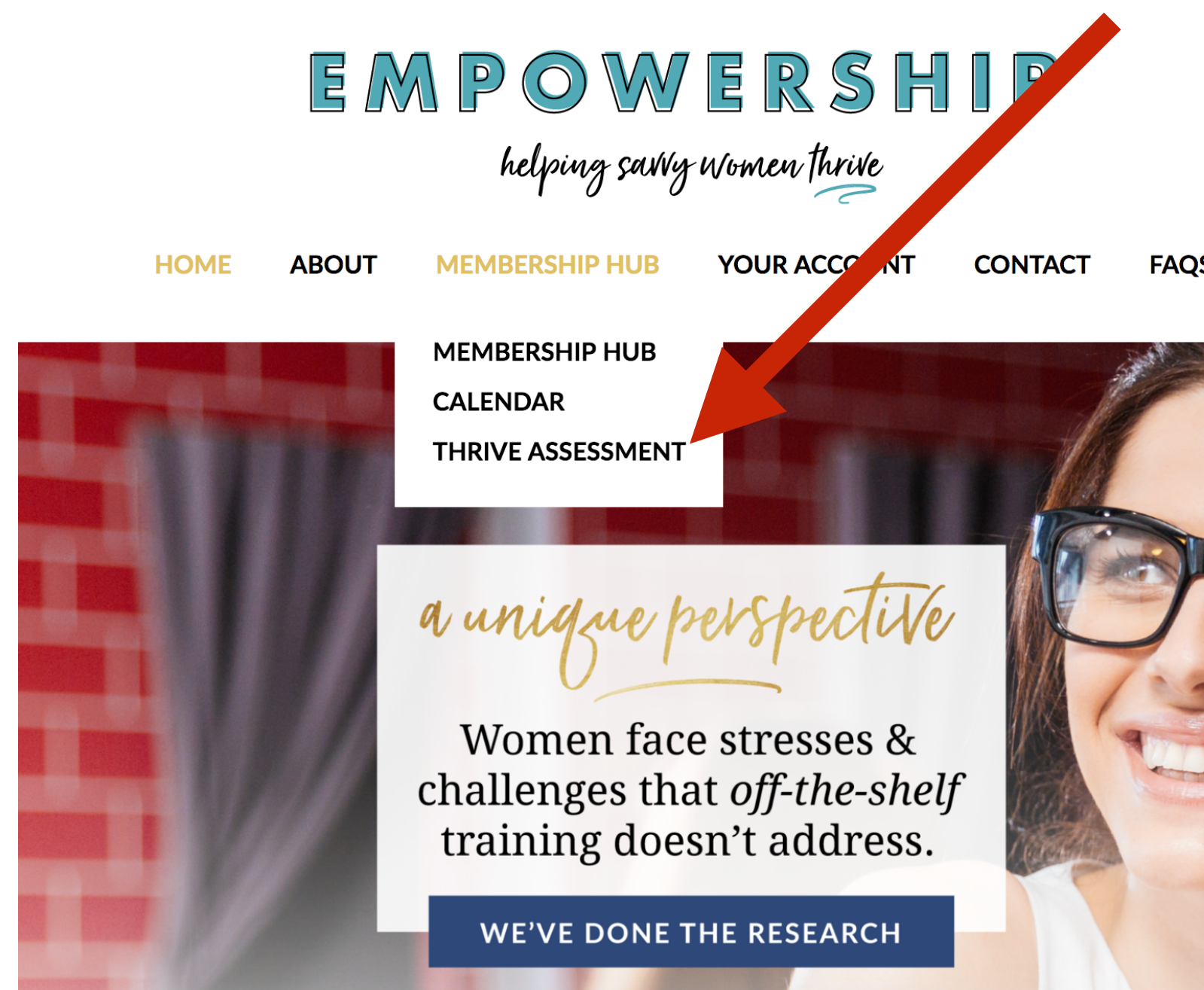


Our Assessment

Thriving!

On Your Way to Thriving
Room to Grow

- 40 questions (scaling)
- Snapshot
- Overall score



Thrive Factor Assessment 2.0

Start Your Assessment



Welcome to the Thrive Factors Assessment, an online tool to help determine how well you are thriving in your career and life at this very moment. It will take approximately 2 minutes to complete.

There are a total of 40 questions, to which you'll select the response that best aligns with how often you experience the occurrence outlined in the statement.

For example - the statement will read, "I find meaning in the work I do," and then you'll select "always", "sometimes", or "never". We encourage you to answer each question honestly.

At the end, you'll receive your Thrive Factor score and some suggestions on how to create, and keep up momentum in your efforts to thrive.

Remember, no matter what your Thrive Factor score is, everything in Empowerment is designed to help drive your ratings up over time. You'll also be invited to retake the assessment at the end of your Empowerment journey to help track and gauge your growth.

Goal Setting

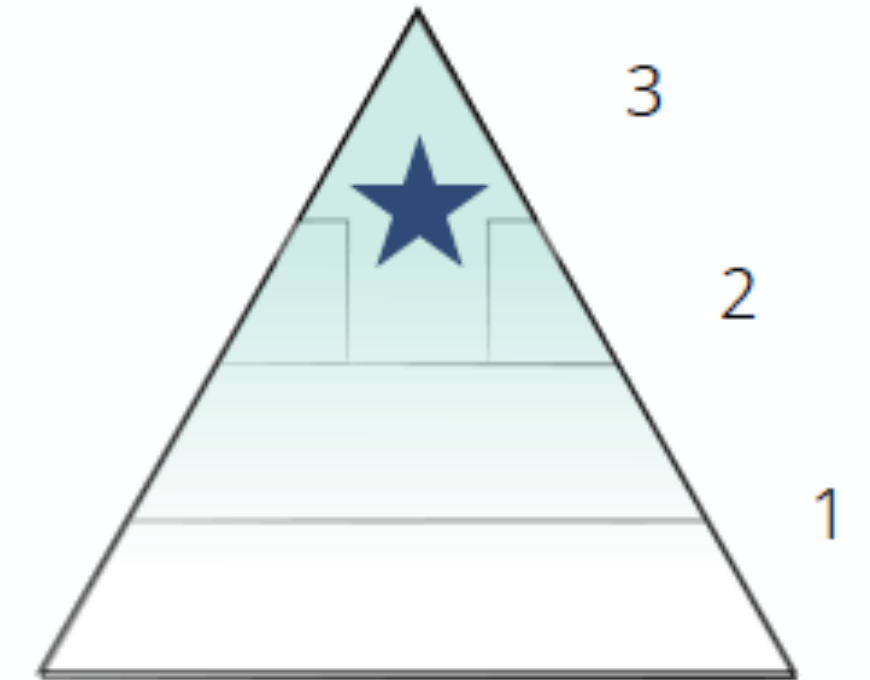
Thrive Factor Score:

Circle the section of the Thrive Factors in which you'd like to improve on:

1. Foundational 2. Essential 3. Critical

Why is growing in this area important to you (how do you want to feel)?

What can you do to evolve within this area?



Goal Mapping

